

Mental Health First Aid



Course Description

Introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Specifically, participants learn:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.



February 23-24, 2016 - 8 am – 12 pm both days
April 13-14, 2016 - 8 am – 12 pm both days
June 8-9, 2016 - 8 am – 12 pm both days
August 3-4, 2016 - 8 am – 12 pm both days
October 5-6, 2016 - 8 am – 12 pm both days
December 13-14, 2016 - 8 am – 12 pm both days

*Please Note: Attendance on **both** days for either set of dates is required for course completion*

DBH Training Institute
1950 South Sunwest Lane, Suite 200
San Bernardino, CA 92415

Suggested Audience: Mental Health Specialists, Social Worker II's, Peer and Family Advocates, Administrative or Clerical Staff

This training is not a therapeutic intervention

To Register, log on to Relias Learning at
<http://dbh.training.essentiallearning.com>
If you need assistance with registration, please call (800) 722-9866 or email training@dbh.sbcounty.gov

Please note that all participants attending this training must be in accordance with DBH Dress Code Policy

For alternative communication methods, please call (800) 722 – 9866 or 7-1-1 for T-T-Y.

